

Are You Afraid of Deep Water?

Thalassophobia [thah-lah-sow-fow-bee-uh] is the intense and persistent fear of deep, dark bodies of water such as the ocean. It comes from “thalassa,” the Greek word for sea and “phobos,” the Greek word for fear.

Fear Rating: Thalassophobia is one of the somewhat common phobias. People with this



phobia can experience a racing heart, rapid breathing, sweating, nausea, and dizziness.

Origin: Fear of deep water comes from an instinctual evolutionary response, a traumatic past experience, the unknown depths, and media portrayals.

Fear Facts:

- Water creatures are more afraid of you or have no interest (even sharks).
- 95% of sea animals are invertebrates (no backbone) like jellyfish & shrimp.
- Slimy seaweed is a main ingredient in sushi, ice cream, shampoo, toothpaste and makeup. It also produces up to 70% of the world's oxygen.
- Humans are made to float! You can also bring a floaty for more buoyancy.
- Tips: practice in pools, bring friends, play games, and focus on the beauty.

Jokes: How do you make a shark laugh?

Tell a whale of a tale!

Fear No More! With some caution, deep bodies of water like oceans and lakes are safe and fun. But if you believe you suffer from thalassophobia and want help, talk to your parents or doctor about treatment options. For more fear facts, visit: scaredybat.com/book3bonus.

